

A slice of light-colored, porous bread sits in the top right corner, and a bunch of green, pointed leaves is in the top left corner. The background is a light-colored wooden surface with a vertical grain.

Healthy No Knead Breads

A knife with a grey handle and a silver blade is positioned at the bottom of the image, angled from the bottom left towards the bottom right.

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Health Bread



Try this quick health bread. No kneading required just mix and bake. Tastes delicious with marmalade for breakfast. Can also be served with soup or stew. This bread freezes well.

Prep Time 15 minutes
Total Time 1 hour 15 minutes

Cook Time 1 hour
Servings 12 slices

Ingredients

- 3 cups Whole-Wheat Flour
- 1 1/4 cups Oats
- 1 tsp Salt
- 3 tbsp Brown Sugar
- 1 tbsp Baking Soda

Instructions

1. Preheat the oven to 180°C.
2. Mix whole-wheat flour, oats, salt and brown sugar together.
3. Beat baking soda into buttermilk.
4. Add to flour mixture.
5. Mix well.
6. Add a little more buttermilk if dough is too hard.
7. Spoon the dough into a prepared loaf tin (24cm x 13cm).
8. Bake for an hour till done.

Cheese and Parsley Bread

Cheese & Parsley



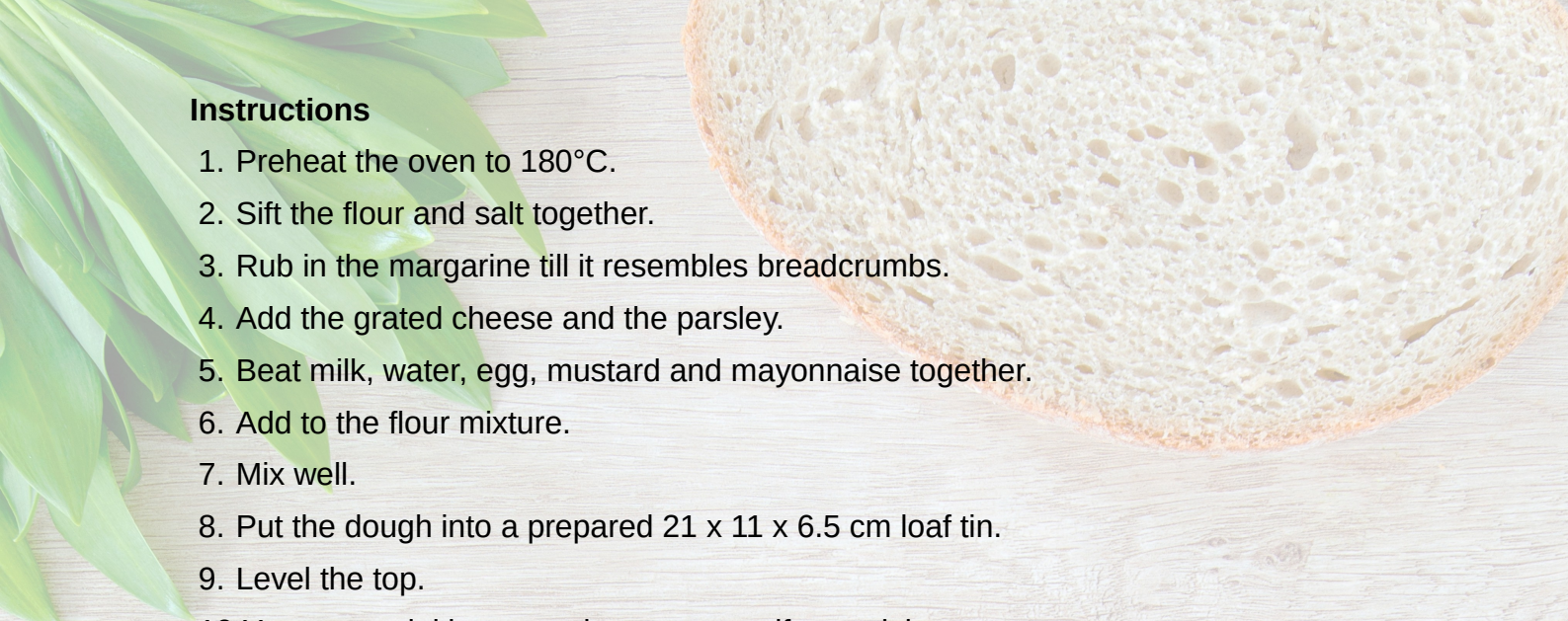
This is such a quick and easy cheese and parsley bread. You can make it in no time flat. The texture is very light almost like a cake and it is simply delicious.

Prep Time 15 minutes
Total Time 50 minutes

Cook Time 35 minutes
Servings 8 slices

Ingredients

- 2 cups Self-Raising Flour
- 1/2 tsp Salt
- 1/2 cup Butter
- 1 cup Cheese grated
- 2 tsp Parsley chopped
- 1/2 cup Milk
- 1 tbsp Water
- 1 Egg
- 3 tsp Mayonnaise
- 2 tsp Mustard



Instructions

1. Preheat the oven to 180°C.
2. Sift the flour and salt together.
3. Rub in the margarine till it resembles breadcrumbs.
4. Add the grated cheese and the parsley.
5. Beat milk, water, egg, mustard and mayonnaise together.
6. Add to the flour mixture.
7. Mix well.
8. Put the dough into a prepared 21 x 11 x 6.5 cm loaf tin.
9. Level the top.
10. You can sprinkle some cheese on top if you wish.
11. Bake for 30-35 minutes.

Buttermilk and Onion Bread Recipe



Here is a quick Buttermilk and onions bread. No need to chop onions, simply use a packet of white onion soup mix. The cheese and buttermilk give it a delicious taste. Fantastic for your next picnic or barbeque.

Prep Time 20 minutes
Total Time 1 hour 20 minutes

Cook Time 1 hour
Servings 10 slices

Ingredients

- 4 cups Self-Raising Flour
- 1 packet White Onion Soup
- 1 Egg
- 1 cup Cheese grated
- 2 cups Buttermilk
- Pinch of Salt

Instructions

1. Preheat the oven to 180°C.
2. Sift the flour and salt.
3. Add grated cheese.
4. Beat egg into buttermilk and add to flour.
5. Mix well, adding a little more buttermilk if necessary.
6. Put into a greased loaf tin.
7. Bake for 1 hour.

Sweetcorn Bread Recipe



This yummy sweetcorn bread with cheese is delicious served with butter and jam or just with cheese. Its is ideal for the kids school lunches or in the winter with a cup of soup.

Prep Time 15 minutes
Total Time 1 hour 15 minutes

Cook Time 1 hour
Servings 10 slices

Ingredients

- 2 cups Flour
- 3 tsp Baking Powder
- 1 tsp Salt
- 1 can Sweetcorn
- 1 tbsp Parsley
- 1 cup Cheese grated
- 2 Eggs large
- 1/3 cup Milk
- 1 tbsp Oil

Instructions

1. Preheat oven to 180°C.
2. Sift the flour, baking powder and salt together.
3. Add sweetcorn, parsley, cheese, eggs, milk and cooking oil.
4. Mix to form a soft dough.
5. Spoon into a loaf tin and bake for 45-60 minutes.

Vegan Tea Bread Recipe



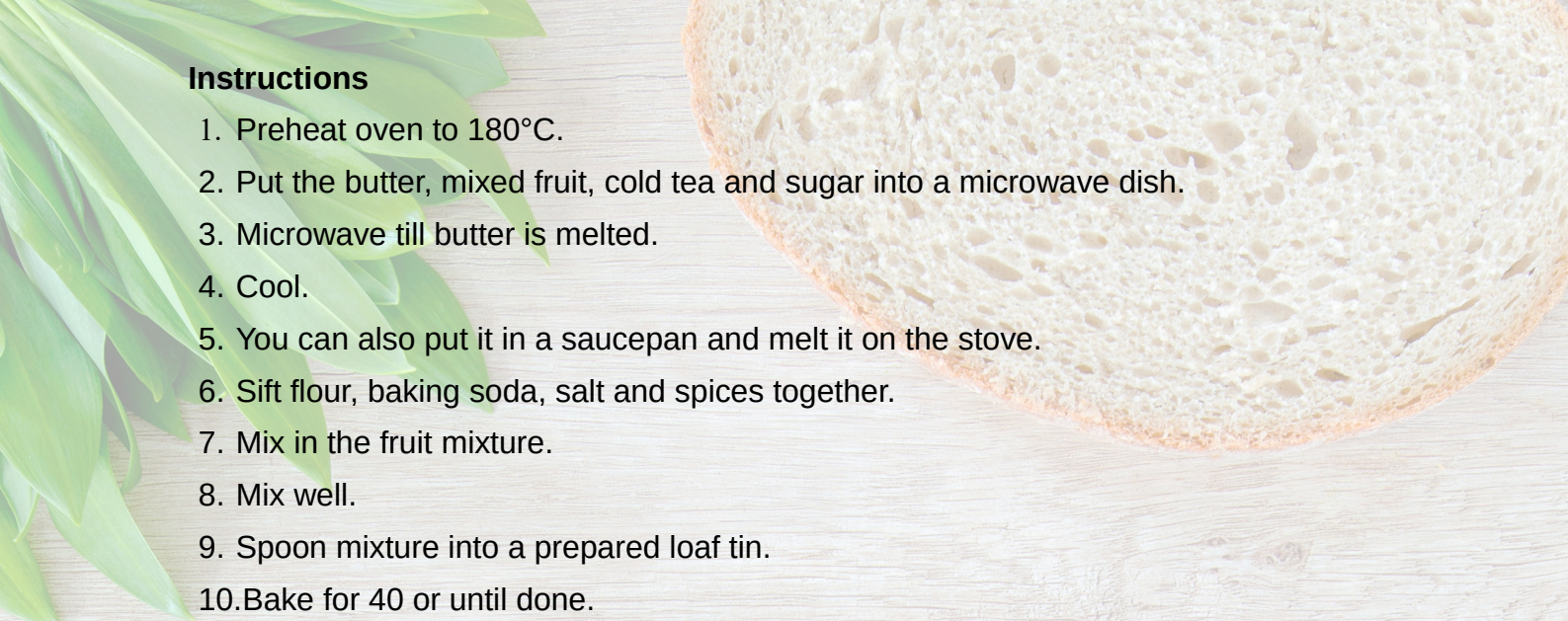
Try this delicious Vegan tea bread, you will love it! It has a light spicy flavour and the mixed fruit add a sweetness which makes this bread perfect for a tea time snack.

Prep Time 35 minutes
Total Time 1 hour 25 minutes

Cook Time 50 minutes
Servings 10 slices

Ingredients

- 1/2 cup Margarine
- 1 cup Mixed Fruit
- 1 cup Strong Tea
- 1/2 cup Castor Sugar
- 1/2 tsp Ginger
- 2 cups Self-Raising Flour
- 1 tsp Baking Soda
- 1/2 tsp Salt
- 1/2 tsp Mixed Spice



Instructions

1. Preheat oven to 180°C.
2. Put the butter, mixed fruit, cold tea and sugar into a microwave dish.
3. Microwave till butter is melted.
4. Cool.
5. You can also put it in a saucepan and melt it on the stove.
6. Sift flour, baking soda, salt and spices together.
7. Mix in the fruit mixture.
8. Mix well.
9. Spoon mixture into a prepared loaf tin.
10. Bake for 40 or until done.
11. Cool in tin for about 10 minutes.

Raisin Bread Recipe

Raisin Bread



Try this delicious raisin loaf. It is full of healthy fruit and ideal for the kids school lunch or afternoon tea.

Prep Time 15 minutes
Total Time 1 hour 30 minutes

Cook Time 1 hour 15 minutes
Servings 10 slices

Ingredients

- 3 1/2 cups Self-Raising Flour
- 3 tsp Baking Powder
- 1 tsp Salt
- 1/2 cup Sugar
- 1 cup Raisins
- 2 cups Water warm

Instructions

1. Preheat oven to 180°C.
2. Sift together self-raising flour, baking powder and salt.
3. Add sugar and raisins and mix.
4. Add the warm water and mix to a soft dough.
5. Spoon the dough into a prepared loaf tin.
6. Bake the bread 1 ¼ hours until done and light brown on top.
7. Cool on a wire rack.
8. Serve with butter.

Banana Bread Recipe



This Banana Bread recipe is the easiest banana bread ever. It is beautifully moist and guaranteed to be a winner with the whole family.

Prep Time 30 minutes
Total Time 1 hour 30 minutes

Cook Time 1 hour
Servings 10 people

Ingredients

- 1/2 cup Butter / Margarine
- 1 cup Sugar
- 2 Eggs
- 2 cups Cake Flour
- 2 tsp Baking Powder
- 4 Bananas
- 1 tsp Vanilla Essence
- 1/2 tsp Salt

Instructions

1. Preheat oven to 180°C
2. Beat butter and sugar till creamy.
3. Add vanilla essence.
4. Add eggs one at a time and beat well.
5. Sift flour, baking powder and salt together, add to butter mixture.
6. Mash bananas with a fork and add to the above mixture.
7. Mix well and put into a greased loaf tin.
8. Bake for 1 hour.